



Butterfly Wings

Purpose:

This exercise helps improve extension in your upper back and lengthen the lats to improve your full overhead deep squat.

Benefit:

This exercise improves stability in your golf swing.

Instructions:

Sit butterfly style with feet facing each other up against a wall. Grab the head of a club with your right hand and the grip with your left. Sitting tall and against the wall, try to elevate your right hand up diagonally as far as possible, using your left hand and the club to help get your hand up high. Hold for 2 full breathes and release. Repeat on both sides.

Quantity:

Do _____ reps _____ sets.

